

Fish-Flavored Vegetable Soup Recipe

(Kaeng Liang Ruam Phak Recipe)

Ingredients for spice mixture: Serves 4

10 peppercorns
1 tablespoon shrimp paste
10 shallots
½ cup dried shrimp or fish

Other ingredients:

5 cups sponge gourd, bottle-gourd, or other gourd, and baby corn
5 stems of sweet basil (maenglak)
4 cups soup stock or water
2-3 tablespoons fish sauce (nam pla)

Method:

Place spice mixture ingredients in a mortar and pound until mixed thoroughly. Add spice mixture to soup stock (or water) in a pot and heat to boiling, stirring to prevent sticking. Do not cover the pot or allow to boil over. Wash the vegetables. If gourd is used, peel and cut into ½ inch strips. Other vegetables are separated into individual leaves. When the water boils, add fish sauce, or, if the odor of this is offensive, salt may be substituted. Add the vegetables and boil. When vegetables are done, season to taste with fish sauce or salt, as desired; then, remove from heat.

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